**NPAG Glossary**

**Active transport**: a form of transport other than using a car

**Cardiovascular fitness**: capacity of the heart and lungs to supply oxygen-rich blood to the working muscles and the capacity of the muscles to use oxygen to produce energy for movement

**Exercise**: planned physical activity for recreation, leisure or fitness, with a specific objective such as improving fitness, performance, health or social interaction

**Health benefits**: small amounts of moderate-intensity activity accumulated over the day can contribute to health and in turn, provide protection against many diseases such as heart disease and stroke, diabetes, and colorectal and breast cancer, as well as mental health benefits

**Insufficiently active**: less than 150 accrued minutes of physical activity in the previous week

**Moderate-intensity activity**: energetic activity that causes an increase in breathing and heart rate, but at a level at which a conversation can be maintained.

**Participation**: involvement in structured and / or unstructured activities that may be classed as community recreation, fitness activities, sport, outdoor recreation, physical education or other forms of physical activity

Physical activity: any movement involving large skeletal muscles e.g. walking, gardening, playing sport, work related activity etc

**Recreation activities**: activities people undertake for enjoyment in their own free time, are not based on formal competition or organised administration and lack of a formal set of rules

**Resistance training**: when the muscles of the body are trained by applying resistance to a movement. Methods of resistance training include using own body weight, stretch bands, weights, water or immovable objects. It particularly benefits the elderly and those at risk of osteoporosis and musculo-skeletal disorders

**Sedentary**: a habitual lack of physical activity

**Sport**: activities that are competitive, have formal rules, require physical effort and skills, and are organised within institutional structures

**Sufficiently active**: accrual of at least 150 minutes of physical activity during the previous week

**Vigorous activity**: participation in an aerobic activity at an intensity which may, depending on fitness level, cause sweating and puffing